

Aquatics



INDOOR SWIMMING LESSONS

Swim lessons will be offered by the Park District on Saturday mornings at the Ann M. Kiley Developmental Center, on 1212 North Dugdale Circle in Waukegan. Instruction will emphasize water safety, enhance swimming abilities, and increase socialization, cognitive, and motor skills.

For your benefit

- Register Online or at the Belvidere Recreation Center, Jack Benny Center, and The Field House Sports and Fitness Center. It's convenient and easy! Those eligible for family discount must register in person.
- Our Instructors are well trained and friendly.
- Low student/instructor ratios mean more individualized instruction.
- A Swim Lesson Coordinator monitors lessons to ensure quality programming and address questions and concerns.
- Skill level and age are considered for proper placement of swimmers.

MAKE-UPS: *In the event of pool closing or cancellation, the make-up session will take place one week after the last scheduled date of class.*



Helpful Hints for Your First Class

Please arrive five to ten minutes before your class starts to allow time for getting changed.

Babies are required to wear swim diapers, cloth and disposable diapers are not prohibited, as they become heavy and fall apart in the water.

For the health of your child and others if your child is unwell it is recommended that you stay at home and miss the lesson.

Children under 3 years must be accompanied in the water by an adult before, after, and during their lesson.

You are welcome to talk to the Swim Coordinator or Supervisor at anytime about your child's progress.

Helping you to prepare for a lifetime of safe water fun.

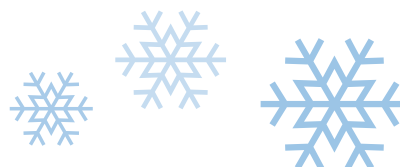
Sharks and Minnows

Parent with Infant or Toddler Swim Class (6 months-3 years)

\$43/\$51

Help your child adjust to water, which is a key factor in becoming a confident swimmer. In addition to the instructor, parents accompany their children in the water to assist in their child's learning experience. Both the parent and child will learn water safety techniques to become comfortable in the water. The class incorporates songs and games to aid the learning process. Grandparents are welcome too!

KC	SA	1/7- 2/11	12-12:30pm	Reg by 1/6	#7229
KC	SA	1/7- 2/11	10-10:30pm	Reg by 1/6	#7230



Cassie loved the class and her instructor. She found the pool and atmosphere very comfortable and inviting compared to another program we had previously tried. She excelled in this class.

—Danyel Areff

SIBLING DISCOUNTS FOR SWIMSMART

Sibling discounts are now available! Families with more than one child, living in the same household will receive a discount for each additional child who is taking a SwimSmart lesson. Listed below are the discounts for each class. Both participants must register for the same session. To receive a sibling discount, registration must take place in person at a registration location.

SwimSmart	SIBLING FEE FOR FIRST CHILD RES/NON-RES	SIBLING FEE FOR EACH ADD'L CHILD RES/NON-RES
Sharks and Minnows	\$41/\$49	\$39/\$47
Jellyfish	\$41/\$49	\$39/\$47
Starfish	\$41/\$49	\$39/\$47
Turtles	\$41/\$49	\$39/\$47
Goldfish	\$41/\$49	\$39/\$47

Jellyfish

Preschool 1 Swim Lessons (3-5 years) \$43/\$51

This class is a beginner swimming class to help students feel comfortable in the water and to enjoy the water safely. In this level, elementary swimming skills are introduced such as kicking, arm strokes, blowing bubbles, unsupported floats, and gaining confidence in underwater activities, while maintaining a fun and safe environment.

KC	SA	1/7- 2/11	10-10:30am	Reg by 1/6	#7237
KC	SA	1/7- 2/11	10:45-11:15am	Reg by 1/6	#7238
KC	SA	1/7- 2/11	11:30am-12pm	Reg by 1/6	#7239

This class is the right class if your child can:

- Front and back float unaided
- Flutter Kick ten yards
- Bob
- Front and back glide
- Move comfortably in water



Turtles

Youth Swim Lessons Level I (6-16 years) \$43/\$51

If your child has little or no swimming skills, this class will help them adjust to the aquatic environment. This class focuses on water adjustment and covers these basic skills: breath control, submerging, floating, kicking, front and back gliding, beginner stroke, introduction to freestyle stroke and safety topics to make your child more aware of the aquatic environment.

KC	SA	1/7- 2/11	10-10:45am	Reg by 1/6	#7243
KC	SA	1/7- 2/11	11-11:45am	Reg by 1/6	#7244
KC	SA	1/7-2/11	12-12:45pm	Reg by 1/6	#7245
KC	SA	1/7-2/11	12:45-1:30pm	Reg by 1/6	#7246

This class is the right class if your child can:

- Put face in water
- Bob
- Jump to teacher
- Kick on wall
- Assisted front and back float



Goldfish

Youth Swim Lessons Level II (6-16 years) \$43/\$51

This class is for children who have completed Youth Swim Lessons Level I or have some swimming ability such as, being comfortable in deep water and able to swim freestyle stroke for 15 yards without help. This class focuses on increasing swimming endurance and distance to build more confidence in deep water. Skills to be covered are perfecting rhythmic breathing, freestyle stroke, introduction to backstroke, treading water, staying safe, and how to recognize water emergencies.

KC	SA	1/7-2/11	11-11:45am	Reg by 1/6	#7250
KC	SA	1/7-2/11	12:45-1:30pm	Reg by 1/6	#7251

This class is the right class if your child can:

- Put whole self in water
- Front & back safety floats unaided
- Beginner stroke 15 yards
- Intro to treading water
- Retrieve object from 5 feet



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